

- 1 FACE MASK** | The CDC recommends that people wear masks in public settings, at events and gatherings, and anywhere they will be around other people. Masks should have two or more layers of washable, breathable fabric; completely cover your nose and mouth; and fit snugly against the sides of your face without gaps.
- 2 WASH YOUR HANDS** | Wash your hands often with soap and water for least 20 seconds, especially after you have been in a public place, touched objects such as hand rails, door knobs, or elevator buttons, or after blowing your nose, coughing or sneezing.
- 3 SOCIAL DISTANCING** | Social distancing aims to prevent people from coming into contact with one another in order to reduce opportunities for COVID-19 to spread from person to person. Social distancing can refer to large-scale measures, like closing public spaces, as well as individual decisions, such as avoiding coming into close contact with others from outside your immediate household.
- 4 VACCINE** | The vaccines currently available are highly effective at preventing COVID-19. Getting the vaccine will help keep you safe and will be an important tool in helping to stop the pandemic.
- 5 STAY SAFE TOGETHER** | Let's do this, Vitality! Do your part and let's stop the spread!
- 6 AVOID CROWDS** | The more people you are in contact with, the more likely you are to be exposed to COVID-19. Being near other people in grocery stores, restaurants, and fitness centers – and even small get-togethers in someone's home – puts you at higher risk for COVID-19, especially when this contact occurs indoors.
- 7 SIX FEET APART** | The CDC recommends you stay 6 feet away from others. Put 6 feet of distance between yourself and people who don't live in your household. COVID-19 spreads mainly among people who are in close contact (within about 6 feet), when droplets from an infected person transfer to the noses and mouths of people nearby, or when particles in the air are inhaled in the lungs. Staying six feet apart can reduce the chance of droplets passing from an infected person to others and can help limit the spread of COVID-19.
- 8 HAND SANITIZER** | If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- 9 PREVENTION IS POWER** | The best way to avoid being sick with COVID-19 is to do your best to avoid being exposed to the virus by practicing prevention: wear a mask, wash your hands, watch your distance. Remember, prevention is power!
- 10 DR. FAUCI** | Dr. Fauci was appointed Director of the National Institute of Allergy and Infectious Diseases in 1984. He oversees research on infectious diseases such as HIV/AIDS, respiratory infections, tuberculosis and malaria, as well as Ebola and Zika. He has advised seven Presidents on domestic and global health issues.
- 11 STOP THE SPREAD**